

Denver Developmental Activities

From 4 to 5 Years

Available from:

**Denver
Developmental
Materials, Inc.**

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As a parent, you want to do all you can to help your child grow and develop normally. The Denver Developmental Activities on these pages answer the question you've asked, "What can I do to help?"

This is one of a number of brochures to help you help your child develop normally at different ages. The activities help your child from 4 to 5 years of age develop in four important areas: language skills and understanding, personal and social skills, control of large muscles, and control of small muscles and how to solve problems.

When you let your child set the pace for which activities he or she enjoys and is ready for, you'll both have fun. And you'll be helping your child develop trust in you and the world.

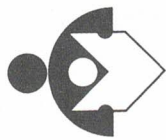
No two children grow at exactly the same rate, so some of these activities may be too easy for your child

and some too difficult. I'm interested in discussing your child's development with you.

And remember — as much as you can, talk to your child, play with your child, and really enjoy your child.



Developing language skills and understanding:



Activities to continue —

- Make it comfortable for your child to ask questions and to tell you about what he or she sees and hears.
- Encourage your child to look at books often. Be sure your child sees you reading books.
- Read fairy tales and short adventure stories to your child and then talk about the stories.
- Help select TV programs and limit watching to no more than 1 to 2 hours per day. Watch some programs together and be ready to talk about what is real and what is not.

Playing a memory game — Put some small toys or household items into a bag. While your child is watching, take three or four items from the bag. Put them on a table and ask your child to name them. Tell your child to close his or her eyes. Then take one item away and ask your child to tell you which item is missing.

Recognizing words — Print names of objects in your child's room on small cards and tape them on the objects (table, door, chair). Ask your child to name the words on the cards.

Playing number games — To help your child count and know numbers, introduce your child to games with cards and dice.

Completing a sentence — Start a sentence and ask your child to finish it — “In the back yard, I see . . .”

Making a family newsbook — Help your child put together a “book” with pictures of family members, drawings made by the child about the family, things you’ve collected from places you have been together, and so on.

Going to the library — Take your child to the local library regularly and check out books and magazines that interest your child. Read them to your child.

Singing songs — Sing songs with your child. Praise your child for memorizing the words to the songs.

Knowing the four seasons — Help your child experience winter, spring, summer, and fall — go on a spring walk and look at spring flowers and the buds on bushes.

Telling “When I was a child” — Tell your child stories from your childhood, and have them tell stories about when they were little.

Understanding concepts — Use daily activities to understand in and out (of the grocery cart), high and low (on shelves), four corners (sheets), dirty and clean (sorting clothes).

Developing control of small muscles and solving problems:

Activities to continue —

- Encourage play with puzzles, and such activities as drawing, counting, sorting, cutting, and gluing.



Using the idea of whole and half — Cut out shapes such as a circle, a square, or a house — then cut the shapes in half. Show your child how to put the two pieces together to make a whole.

Matching and counting numbers — When your child knows the low numbers to count, make a set of cards with numbers 1 through 10. Lay the cards out on a table. Then ask your child to count out the number of beans (or buttons or raisins) to match the number shown on each card.

Comparing — Help your child find three things that are similar, but are different in size or weight — such as glasses of water filled with different amounts of water. Have your child arrange the items from smallest to largest (or lightest to heaviest).

Gardening — Have your child plant seeds (such as bean seeds) in an egg carton, in half of a milk carton, or in an outside garden. Help your child water the seeds and watch together each day to see how they grow. Talk about how plants, animals, and children grow.

Developing personal and social skills:



Activities to continue —

- Hug and cuddle your child often.
- Try to get your child to dress without any help.
- Encourage your child to play games with other children.

Developing independence — Safely arrange for your child to visit close neighbors, friends, or relatives without you.

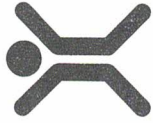
Making a family scrapbook — Help your child make a scrapbook with pictures of family members. Write the name of each person under the pictures.

Creating puppets — Show your child how to make puppets by drawing faces on small paper bags and using sticks to move the puppets around.

Following directions — Help your child learn to follow directions by teaching him or her to play “May I?” (Parent: “Take three giant steps.” Child: “May I?”)

Playing with friends — With one or two children your child’s age, introduce singing games such as “Itsy Bitsy Spider” or “London Bridge.” Help them make puppets and put on puppet shows.

Sharing — Encourage and praise your child for sharing and cooperating with other family members and friends.



Developing control of large muscles:

Activities to continue —

- Encourage playing different ball games; running, hopping, and jumping over, under, and around an obstacle course; walking “tight-ropes” and other balancing games; and swinging and climbing.

Playing “golf” — Cut holes in boxes or cut the tops out of milk cartons. Then have your child play miniature golf by using a mop handle or stick to hit a small ball into the holes.

Playing hopscotch — Draw squares in the dirt with a stick or on the sidewalk with a piece of chalk for hopscotch.

Enjoying jump rope and “Leap Frog” — Show your child how to jump rope and how to play “Leap Frog.”